



A collaborative approach to personal and community health through education, prevention, and healthcare services



NATIONAL
HEART MONTH

February

February focuses on the heart making it National Heart Month. Anyone can be at risk for heart disease. More and more, our sedentary lifestyles are putting us at risk at a younger age. Obesity, high blood pressure, and smoking all increase our risk factors.

Each one of those we can take action to lower our risk. Get moving. Remove stress. And quit smoking. Eat healthier.

Even small changes help make a difference. Reduce the amount of fast food. Eat more greens. Take the stairs. Walk the kids to school. Go outside and play with the kids or walk the dog.

HOW TO OBSERVE #NationalHeartMonth

Talk to your physician about your risk factors. Walking is one of the healthiest and safest activities we can do for ourselves. Learn more at www.cdc.gov and use #NationalHeartMonth to share on social media.

Review these signs for heart disease risk:

1. **High blood pressure.** Millions of people in the United States have high blood pressure, and millions of them are as young as 40 or 50. If you are one of them, talk to your doctor about ways to control it.
2. **High cholesterol, diabetes, and obesity** are all conditions that can increase your risk for heart disease. If you fall into this category, work on eating healthy and getting some physical activity a few times a week.
3. **Smoking cigarettes.** Over 35 million adults in America are smokers, and thousands of young people pick up the habit daily. If you're a smoker, do your best to quit or cut down. It's what's best for your health.

NATIONAL HEART MONTH HISTORY

The [American Heart Association](#) proclaimed February as National Heart Month.

RELATED OBSERVANCES

[American Heart Month](#)

[National Stroke Awareness Month](#)

[National Sudden Cardiac Arrest Awareness Month](#)

[World Stroke Day](#)

Sincerely,

Del Norte Healthcare District Board of Directors
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Sources:

<https://spiritoftheholidays.org/health-holidays/american-heart-month/>

<https://www.nhlbi.nih.gov/education/american-heart-month>

<https://nationaltoday.com/national-heart-healthy-month/>

https://www.cdc.gov/heartdisease/american_heart_month.htm



[Like the Del Norte Healthcare District on Facebook](#) to stay up to date with our announcements, newsletters, and board actions.

We love our community partners! In collaboration with the Del Norte Healthcare District, the [City of Crescent City](#) is now offering FREE Saturday Recreational swims for everyone and monthly swim passes are available to eligible seniors. Call the Aquatic Supervisor at 707-458-8452 for more information.



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